

As taught by Dialectical Behavior therapy (DBT), by purposely doing the opposite of your emotion urge, you can reduce a feeling that is too intense or doesn't "fit the facts" of the current situation. *

An emotion ...	creates an urge ...	which has an opposite
fear	escape or hide	<ul style="list-style-type: none"> Stay in the feared situation, engage more Do what scares you over and over Adopt a confident posture
anger	fight or defend	<ul style="list-style-type: none"> Avoid the situation making you angry Intentionally be kind and empathetic Adopt a gentle, relaxed posture
disgust	recoil or get away	<ul style="list-style-type: none"> Get closer to the thing you find disgusting Intentionally be kind and empathetic Adopt a gentle, relaxed posture
sadness	slow down and grieve	<ul style="list-style-type: none"> Stay in the sad situation and engage Do joyful or challenging activities Adopt a confident, active posture
shame	hide, shrink, withdraw	<ol style="list-style-type: none"> Tell someone who won't reject you; repeat the behavior; adopt a confident posture Apologize, make amends, forgive yourself
guilt	fix the problem, apologize	<ol style="list-style-type: none"> Tell someone who won't reject you; repeat the behavior; adopt a confident posture Leave the group or change its values
envy	work harder to get what you want, or attack or criticize	<ul style="list-style-type: none"> Resist urges to attack or criticize Make a gratitude list Adopt a gentle, relaxed posture
jealousy	try to control, accuse, question, or cling to the person or object	<ul style="list-style-type: none"> Resist urges to control, question, or cling Intentionally share with others Adopt a gentle, open posture
love	get closer, express yourself, share time or experiences	<ul style="list-style-type: none"> Avoid the person, animal, or object Distract yourself Resist urges to lean in, touch, gaze

1. When both shame and guilt fit the facts; 2. When only guilt fits the facts; 3. When only shame fits the facts.

* Opposite action is very likely to cause discomfort, but don't try it if the action will cause you harm.

*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.



Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



325+
Companies Reviewed



3,625+
Hours of Firsthand Experience



1,545+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.





Tools for Self-Assessment and Psychoeducation

Figuring out the next step in your mental health journey can be overwhelming. Developed by psychologists, the tools at [ChoosingTherapy.com](https://www.ChoosingTherapy.com) can help. Our mental health self-assessment quizzes can help you explore common symptoms of mental health concerns, as well as find the best therapy style for you. Our mental health worksheets can guide you through therapy concepts and how to use them in your life.

[Learn More with Mental Health Quizzes](#)

Our collection of psychologist-developed mental health quizzes can help you learn if you are experiencing mild, moderate, or concerning levels of anxiety, depression, stress, burnout, and more. Each quiz also provides targeted resources based on your answers. These self-assessments are designed to offer insight, not diagnoses, and can be a helpful first step in recognizing symptoms and deciding whether to seek further support. If you have concerns about your mental health or your quiz results, we recommend you reach out to a licensed mental health professional.



[Free Mental Health Worksheets](#)

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